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## The first step towards a healthier life.

So you're taking the first step to a healthier, more active life. Good on you. You'll feel better for it. And you'll be doing your bit towards making Victoria a healthier and more active community.

This information is designed to get you started by providing some simple ideas and activities to help you improve your eating habits, become more physically active and involved in your community.

There are many health risks facing Victorians that can be prevented by changing our lifestyle.

We want Victorians to be as healthy, active and involved as they can be

- Insufficient physical activity is responsible for 7% of the total burden of disease in Victoria: obesity for 5% and poor diet (inadequate vegetable and fruit consumption) for nearly 3%.<sup>1</sup>
- A significant proportion of the Victorian population lead unhealthy lifestyles.
  - Nearly 40% are insufficiently active<sup>2</sup>
  - 86% do not consume enough vegetables<sup>2</sup>
  - 60% are overweight or obese<sup>3</sup>
  - 12% do not feel at all valued by society<sup>4</sup>

Research shows that people who participate in community activities and those that can get help when they need it, are healthier and feel more positive about the communities in which they live. We are making progress in this area, but there is still a way to go.

**The Victorian Government wants to help you 'Go for your life.'**

How to stay healthy, happy and active

Young and old, men and women, girls and boys, whatever your background, there are plenty of ways to get healthy, active and involved. And *stay* healthy, active and involved. After all, there's no shortage of fresh produce, parks, gardens, festivals, sporting facilities and community events in Victoria to 'Go for your life'.

**Here are 16 simple ways to stay healthy, active and involved:**

1. **Act healthy.** Join a local theatre group or the choir. There's nothing like singing to clear the cobwebs.
2. **Enjoy a variety of foods.** Serve up a healthy variety of foods each day. These include fruit and vegetables, legumes (such as dried peas and beans), wholegrain cereals, low fat dairy, lean meat, fish and skinless chicken.
3. **Watch your neighbourhood.** Join Neighbourhood Watch. Or simply get to know your neighbours. Offer to put their rubbish bins out when you are moving your own. Mow their lawn, walk their dog or invite them in for coffee.

4. **Have a party.** Organise a street party or, if you live in an apartment, a block party, so you can get to know your neighbours better. Attend fetes and festivals in your local area or offer to help out running one.
5. **Start the day well.** At breakfast, sit down to your choice of low sugar cereal, muesli, porridge or rice. For something different, try making a fruit salad, or spreading avocado, tuna or baked beans on toast instead of butter or jams.
6. **Go back to school.** Help out at your kids' school or kindergarten. You can help with fundraising, give reading assistance or co-ordinating a walking school bus.
7. **Make friends with the environment.** Devote some time to your local environment – get involved in tree-planting activities or help clean up your local parks and waterways.
8. **Share your knowledge and skills.** Teach people about woodwork, computers, art or drama.
9. **Do some community housework.** Neighbourhood Houses are a great community hub. Find out through your local council about what goes on at yours and get involved.
10. **Live and learn.** Take a short course at the local TAFE or adult education centre. You can pursue your hobby or passion, extend your mind and meet new people at the same time.
11. **Go for a walk.** Take the dog for a walk and head for the local park. Leave the car behind and walk to your local shop for that litre of milk. You're sure to meet someone along the way.
12. **Talk the talk.** Join a reading group at the local library or set up a book club yourself with some friends – the Council of Adult Education can offer some helpful tips.
13. **Add some zest to meals.** Chopped veggies are great in omelettes, stir fries, soups, salads, stews and casseroles. Try something new and add grated zucchini, carrot, pumpkin or sweet potato to patties, rissoles, muffins and pikelets.
14. **Get on your mark.** Join a local sporting club that suits your abilities and interests, whether it's football, tae kwon do or lawn bowls. Ready? Go!
15. **Go volunteering.** We depend on all types of volunteer organisations, which in turn depend on volunteers. There are literally thousands of organisations in Victoria that are always glad to have a helping hand. And to give one.
16. **Start today.** For even more ways to stay healthy and active, go to [goforyourlife.vic.gov.au](http://goforyourlife.vic.gov.au) You'll find ideas for a more healthy and active lifestyle, ways to get more involved with your local community, and some little, simple and achievable things you can do to improve your wellbeing.

There's no magic formula. It's just commonsense advice and some easy ways to change for the better.

**Victoria's a great place to be. Let's make it a healthier, more active and involved one.**

<sup>1</sup> Department of Human Services Public Health Division(1999). Victorian burden of disease study: morbidity. Department of Human Services: Melbourne.

<sup>2</sup> Department of Human Services (2004). Victorian Population Health Survey 2003: Selected Findings.

<sup>3</sup> AusDiab Steering Committee (2001). Diabetes & Associated disorders in Australia 2000: The accelerating epidemic (Executive Summary). International Diabetes Institute: Melbourne.

<sup>4</sup> Department of Human Services (2003). Victorian Population Health Survey 2002: Selected Findings.



## 20 ways to keep up with others in your class.

From when you're 12 to the time you're 18 you probably go through more changes than you do in the rest of your life.

You go from primary school to high school. Then there's Year 11 and 12, the exams, the increased workload at school and the larger social activity after it. There's sport. There's all the other physical activity you do, even if it's only running for the bus. And throughout these years there are the friendships, relationships and all the ups and downs.

Most teenagers find that they get less active as they get a bit older. Think about all those games you used to play when you were a kid. Without those, you're probably not as active as you used to be. And school gets harder too, leaving even less time to get out and do things. Inactivity really kicks in once we hit the teenage years and it usually affects more girls than guys.

The solution, of course, is activity and it doesn't need to be strenuous. A daily walk is enough to make a healthy difference. The benefits of keeping active when you are a teenager are huge.

It helps you relax and sleep better by relieving stress and tension. It builds up stamina and improves concentration. And socially, it's the perfect way to make new friends or keep in touch with old ones.

Here are lots of ways to get more staying power in your day.

- 1. Get more play into your day.** There are loads of ways to get active and have fun too. Go skateboarding, fly a kite, throw a frisbee or kick a ball around with your mates. Walk the dog, shoot some hoops or play footy with friends, dive on in or dance yourself silly.
- 2. Get organised.** Play football, basketball, netball, tennis, hockey, soccer or any other group sport. You could also enrol in dancing, go rollerblading, bowling or join a swim team.
- 3. Show up for Phys Ed.** Develop and practise basic skills like throwing, catching, hopping, skipping and jumping.
- 4. Warm up first.** Start your program slowly every time and gradually pick up the pace. Do some stretches before a run or strenuous activity.
- 5. Cool down last.** As you complete your activity session cool down your muscles by slowing the pace of your activity before stopping.
- 6. Prevent injuries.** Make sure you always wear the right protective gear for the activities you choose such as helmets, knee-pads and mouth-guards.

7. **Work out a plan.** Figure out the best time to squeeze in your chosen activities, either before or after school, or work. Don't waste your weekends or holidays vegging out in front of the telly.
8. **Take a study break.** Study is important. But even if it's your absolute number one priority, try to work your activity program around it.
9. **Get serious.** Try to include some vigorous huff and puff stuff a few times a week and make it last for 15 minutes or more each time.
10. **Lighten up.** If spending hours jogging or swimming laps isn't your thing to do, try something as easy as dancing around your bedroom to your favourite CD.
11. **Break out.** If you fancy a bit of a challenge, or something different, take up rock climbing, water polo, volleyball, fencing, discus, javelin or archery. Ask your PE teacher or at your local community centre about getting started.
12. **Miss the bus.** Walk to school, ride a bike, rollerblade or jog to the shops. Or get off the tram or bus a few stops early and walk the rest of the way.
13. **Cut down screen time.** Count how many hours you spend in front of the telly and try to cut down. The same goes for the computer. Surfing the net and sending emails can be totally absorbing, but limit the time you spend staring at the screen.
14. **Get involved locally.** Look for social involvement such as joining sporting clubs or taking part in community or school events.
15. **Keep motivated.** Involve other people - friends, family, work mates and neighbours - to help maintain interest in your physical activities.
16. **Get some coaching.** If you show promise in a particular sport or you want to improve your skills, think about getting a coach, trainer or mentor. Don't be shy; ask your PE teacher or local community centre.
17. **Stay focused.** Sometimes other commitments get in the way of your activity plans. Don't get put off because of a missed activity, just pick up from where you left off.
18. **Slip, slop, slap.** Even on cooler days, make sure you're protected against UV rays.
19. **Drink plenty of water.** Drink water before, during and after each activity.
20. **Tell someone who cares.** If an activity takes you away from home, always tell someone where you're going and for how long.

**If you'd like any more information, tips or advice on increasing physical activity through out your day visit [goforyourlife.vic.gov.au](http://goforyourlife.vic.gov.au)**

## 23 ways to feel good inside.

Want to feel great? Then think about what goes into your body. Fast food just slows you down. Eat well and you'll be stronger, have better concentration and more stamina. Your hair, skin, teeth and nails should start to show the results.

Here are a few simple tips for improving your diet in ways that mean you can still enjoy it.

Go for a variety of healthy food every day

1. **Keep your balance.** The experts say you need at least forty different nutrients for good health. Try and eat a variety of foods most days. Include fruit, vegetables, nuts, legumes (such as dried peas, beans and lentils), wholegrain cereals, lean meat, skinless chicken and low fat dairy products.
2. **Get the day off to a good start.** Before school, build a breakfast around fruit, low sugar cereals, porridge, rice, wholegrain breads, bagels, English muffins, smoothies, yoghurt and baked beans.
3. **Downsize your order.** Some food outlets offer 'upgrades' to larger serves, which we accept without really needing a larger meal and the extra kilojoules, fat and sugar that come along with it.
4. **Keep it interesting.** Food doesn't have to be boring. Try something different like wraps and rice cakes, tortillas, crispbreads and chapattis, naan and corn cakes and, as an alternative to regular breads, consider wholegrain or rye bread, pocket bread and fruit bread.
5. **Be lean with meat.** Choose lean meats, fish and skinless chicken in place of sausages and processed meats.
6. **Not mad about meat?** Then enjoy some of these other foods every day for a balanced diet: lentils, tofu, dried peas and beans such as chick peas, baked beans and kidney beans.
7. **Choose low fat dairy.** Make low fat milks, yoghurts and cheeses your choice. Or consider the non-dairy alternatives such as calcium fortified soy milk. Salmon with bones, almonds, baked beans and broccoli are also good sources of calcium.
8. **Get out of food ruts.** Avoid ordering the same foods at lunch from the canteen or only eating your favourite foods.
9. **What have you got for lunch?** A healthy lunch should include fruit, vegetables, meat or alternatives, dairy products, wholegrains and water. Try and say no to biscuits, cakes, chocolates, energy bars, potato or corn crisps and pastries.

**10. Think twice about takeaway.** There are heaps of healthy takeaway options to choose from. Try sushi and pita wraps, baked potatoes, souvlaki, kebabs, vegetable or seafood pizzas, tabouli, falafels, steamed rice with vegetables, baked chicken, grilled fish and steamed dim sims. Healthy desserts include fruit salad or a fruit smoothie.

**11. Listen to your stomach.** Eat until you've had enough, not till you're full. Your stomach will let you know the difference.

**12. Avoid comfort eating.** Notice if you're eating simply because you're bored, sad or lonely. These can lead to bad eating habits later in life.

**13. Cut out TV dinners.** Try to avoid eating in front of the television or computer screen.

**14. Feed your growth spurts.** There's a good reason why you may feel hungry all the time. It's probably a growth spurt, so keep up your vitamins, minerals and kilojoules with healthy, fresh food.

**2 fruit and 5 veg every day** **15. Go for healthy snacks.** Snacks between meals are okay but keep them healthy. Grab a piece of fruit, a cob of corn or a tub of low fat yoghurt, tin of tuna, nuts and dried fruit, sandwiches and low fat cheese.

**16. Be colourful.** When you eat fruit and vegetables, look for a variety of colours at every serving including yellow, orange, green, purple and red such as capsicum, berries, eggplant, sweet potato, tomatoes, plums, berries, mangoes and melons.

**17. Go for whole fruits.** You are better off choosing a piece of fruit over a fruit drink as they may contain energy, but little fibre.

**18. Go for 2 and 5.** Go for 2 fruit and 5 vegetables, especially if they're raw, steamed or baked.

**Drink water every day** **19. Hydrate with H<sub>2</sub>O.** Drink water as your first option before reaching for juices, soft drinks and energy drinks.

**20. Keep a water bottle.** Carry a water bottle with you every day and refill it often.

**Go for achievable goals** **21. Stay focused.** Improving your eating habits for a day or even a week isn't too hard. The trick is keeping it up. It helps to involve family and friends in your plans – especially those preparing your meals.

**22. Go easy on supplements.** With the right variety of foods, you won't need vitamin supplements and body building powders.

**23. Get help if you need it.** If you need help or have any questions about making changes to your diet, talk to your doctor, health practitioner or dietitian.

**If you need to change your basic diet or you just lack motivation, talk to your doctor or health practitioner. For more information, tips or advice on healthy eating visit [goforyourlife.vic.gov.au](http://goforyourlife.vic.gov.au)**

## 25 ways to increase your staying power.

Most young people find that as they get older they become less active than when they were kids. Think about all those games that little kids play. Without those, you're probably not as active as you could be. And school, uni, TAFE and work pressures tend to get harder, leaving even less time to get out and do things. Inactivity really kicks in once we hit early adulthood, but it doesn't need to.

The solution, of course, is to build some activity into every day, and it doesn't need to be too strenuous. A brisk walk is enough to make a difference. The benefits of moderate activity during young adulthood are huge.

It helps you to relax and sleep better by relieving stress and tension. It builds up stamina and improves concentration. And socially, it's the perfect way to make new friends or keep in touch with old ones.

Here are lots of ways to get more staying power in your day.

1. **Take it outside.** Ride a bike, go for a run, fly a kite, throw a frisbee or kick a ball around with your friends or walk the dog.
2. **Miss the bus.** Walk to work or uni, ride a bike or jog to the shops. Or get off the tram or bus a few stops early and walk the rest of the way.
3. **Go and play.** Play football, basketball, netball, tennis, hockey, soccer or any other group sport. Or take up dancing, go rollerblading, bowling or go for a swim.
4. **Just think.** Walking one kilometre burns up the same number of calories as running one kilometre, or swimming 15 lengths of a 25m pool, or playing squash non-stop for eight minutes.
5. **Start slowly.** You don't have to spend hours pumping the weights at the gym or jogging up and down the local park to do it. Getting active is as easy as dancing around your bedroom to your favourite CD.
6. **Build up your activity over time.** Try to include some vigorous huff and puff stuff a few times a week and make it last for 15 minutes or more each time.
7. **Cut down screen time.** Count how many hours you spend in front of the telly and try to cut down. The same goes for the computer. Surfing the net and sending emails can be totally absorbing, but limit the time you spend staring at the screen.
8. **Exercise your social skills.** Swap screen time and long phone chats for a power walk with friends and catch up on the gossip face to face.



9. **Get involved locally.** Look for social involvement such as joining sporting clubs or taking part in community events.
10. **Ditch the car.** Take public transport one way and walk back. Find different ways of getting places, like rollerblading, skateboarding or bike riding.
11. **Challenge yourself.** Try something different. Take up water polo, volleyball, fencing, discus, javelin or archery.
12. **Avoid elevator music.** Stairs provide a great natural workout, so go for leg power whenever you can.
13. **Keep it interesting.** Go on bush walks and visit parks with friends or family. Take part or help organise community events in your area.
14. **Anyone for tennis?** Or maybe squash, golf, bocce or rowing? Group or team activities can make things more entertaining.
15. **Work out a plan.** What's the best use you can make of the time available before or after work, or uni, or during breaks? You'll be surprised what you can squeeze in. It can help if you draw up a plan.
16. **Get some coaching.** If you show promise in a particular sport or you want to improve your skills, think about getting a coach, trainer or mentor. Maybe you could try golf lessons, personal training at the gym or swimming lessons.
17. **Keep motivated.** Involve other people - friends, family, work mates and neighbours to help maintain interest.
18. **Stay focused.** Sometimes other commitments will get in the way of your activity plans. Don't get put off because of a missed activity, just pick up from where you left off.
19. **Prevent injuries.** You can't afford to miss work or study time because of your activity program. Make sure you always wear the right protective gear for the activities you choose such as helmets, knee-pads and mouth-guards.
20. **Warm up first.** Start your program slowly every time and gradually pick up the pace. Do some stretches before a run or strenuous activity.
21. **Cool down last.** As you complete your activity session cool down your muscles by slowing the pace of your activity before stopping.
22. **Be comfortable.** Wear clothing that is loose fitting and light in weight. Shoes should also be comfortable with good cushioning.
23. **Slip, slop, slap.** Even on cooler days, make sure you're protected against UV rays.
24. **Drink plenty of water.** Drink water before, during and after each activity.
25. **Tell someone who cares.** If an activity takes you away from home, always tell someone where you're going and for how long.

**If you'd like any more information, tips or advice on increasing physical activity throughout your day visit [goforyourlife.vic.gov.au](http://goforyourlife.vic.gov.au)**



## 21 ways to feel good about yourself.

Want to feel great? Then think about what goes into your body. Fast food just slows you down. Eat well and you'll be fitter, stronger, have better concentration and more stamina. Your hair, skin, teeth and nails should start to show the results.

Here are a few simple tips for improving your diet without turning it into an ordeal.

Go for a variety of healthy food every day

1. **Keep your balance.** The experts say you need at least 40 different nutrients for good health. Try and eat a variety of foods most days. Include fruit, vegetables, nuts, legumes (such as dried peas, beans and lentils), wholegrain cereals, lean meat, skinless chicken, fish and low fat dairy products.
2. **Enjoy food.** Remember to enjoy what you are eating. It's important to be aware of what goes into each meal. Slow down and savour every bite.
3. **Bigger is not better.** When meal size upgrades are offered at your local fast food outlet, stick with the regular size.
4. **Have a healthy breakfast.** Build a breakfast around fruit, low sugar cereals, porridge, rice, wholegrain breads, English muffins, bagels, smoothies, yoghurt and baked beans.
5. **Keep it interesting.** Food doesn't have to be boring. Try wraps and rice cakes, crispbreads and chapattis, tortillas, naan and corn cakes and, as an alternative to white breads, consider sourdough, multigrain, rye bread, pocket bread and fruit bread.
6. **Not mad about meat?** Enjoy some of these other foods daily for a balanced diet: Dried peas or beans such as chick peas, baked beans, kidney beans, lentils and tofu.
7. **Go easy on supplements.** With the right variety of foods, you won't need vitamin and mineral supplements or body building powders.
8. **Be lean with meat.** Choose lean meats, fish and skinless chicken in place of sausages and processed meats.
9. **Choose low fat dairy.** Make low fat milks, yoghurts and cheeses your choice every time. Or consider the non-dairy alternatives such as calcium fortified soy milk. Salmon with bones, almonds, baked beans and broccoli are also good sources of calcium.
10. **Get out of food ruts.** Avoid ordering the same foods at lunch or only eating your favourite foods.

- 11. Think twice about takeaway.** There are heaps of healthy takeaway options to choose from. Try sushi and pita wraps, falafels, steamed rice with vegetables, baked potatoes, souvlaki, kebabs, vegetable or seafood pizzas, tabouli, skinless chicken, grilled fish and steamed dim sims. Healthy desserts include fruit salad or a fruit smoothie.
- 12. Listen to your stomach.** Eat until you've had enough, not till you're full. Your stomach will let you know the difference.
- 13. Avoid comfort eating.** Notice if you're eating simply because you're bored, sad or lonely. These can lead to unhealthy eating habits later in life.
- 14. Cut out TV dinners.** Try to reduce the number of meals you eat in front of the television or computer screen.
- 15. Make a plan.** Decide what you're going to do and organise an achievable eating plan. Be prepared for times when there are no healthy food choices.
- 2 fruit and 5 veg every day** **16. Be colourful.** When you eat fruit and vegetables, look for a variety of colours at every serving including yellow, orange, green, purple and red, such as capsicum, berries, eggplant, sweet potato, tomatoes, plums, berries, mangoes and melons.
- 17. Go for healthy snacks.** Snacks between meals are okay but keep them healthy. Grab a piece of fruit or a tub of low fat yoghurt, tin of tuna, nuts and dried fruit, sandwiches and low fat cheese.
- 18. Go for whole fruits.** You're better off choosing a piece of fruit over a fruit drink as many drinks contain sugar and other additives.
- 19. Double up on vegetables.** Have extra serves of veggies, especially if they're raw, steamed or baked.
- Drink water every day** **20. Hydrate with H<sub>2</sub>O.** Drink water as your first option before reaching for juices, soft drinks, alcohol and energy drinks.
- 21. Keep a water bottle.** Keep a bottle or jug of water on your desk, or with you at all times and remember to refill it often.

**If you need to change your basic diet or you just lack motivation, talk to your doctor or health practitioner. For more information, tips or advice on healthy eating visit [goforyourlife.vic.gov.au](http://goforyourlife.vic.gov.au)**



ADULTS | Physical Activity

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## 21 easy ways to get more action into your day.

Not being active enough ranks just behind smoking as a major cause of ill health in Australia. And yet the answer is simple. All it takes is thirty minutes a day and a moderate physical activity routine for you to enjoy improved health and wellbeing.

You've got a lot to gain by becoming more active.

There's the sense of achievement for one thing. You'll have more energy, sleep better at night and reduce your stress levels. And when you feel better, you can enjoy life more and make the most of all sorts of social opportunities.

Here are a few simple tips for getting more action into your day. Choose a few that suit you.

1. **See physical activity as an opportunity, not an inconvenience.** Your body was designed to move. So the more movement you do, the healthier you'll be and the better you'll feel.
2. **Be active in as many ways as you can.** Every movement is an opportunity to improve your health and wellbeing.
3. **Avoid elevator music.** Stairs provide a great natural workout, so go for leg power whenever you can. For example, take the lift some of the way and walk the rest.
4. **Park further away.** You can look for the car park space closest to the door at shopping malls. Or you can find the furthest parking spot and walk the extra distance. If you are catching public transport, try getting off a stop or two earlier.
5. **Walk the dog.** Rather than just letting the dog loose in your backyard, walk it morning and evening if you can.
6. **Fetch the paper.** The walk to and from the newsagent each morning will get the day off to a great start.
7. **Find 30 minutes every day.** Any increase in physical activity will benefit your health, but experts agree that adults should aim to build up at least 30 minutes of moderately intense physical activity on most days.
8. **Break it up.** If 30 minutes all at once seems like a tall order, start with five minutes at least three times a day then gradually build up the time and frequency until 30 minutes feels easier.
9. **Just think.** Walking one kilometre uses the same energy as running one kilometre or swimming 15 lengths of a 25m pool.

- 10. Find strength in numbers.** Being active can be a family thing, social thing, or something you enjoy doing on your own. Being active with others may give you that extra boost you need to get up and get active!
- 11. Take up dancing.** Any period, any style. Join a ballroom dancing class, learn to tango, belly dance, tap or simply dance around the house to your favourite tunes.
- 12. Keep it interesting.** Go on bush walks and visit parks with friends or family. Take part or help organise community events in your area. Go for a picnic in the country or go fly a kite on the beach.
- 13. Keep busy round the house.** Homes and gardens are convenient places for getting more activity into your day. Make use of your “green gym” by mowing, digging and weeding. For indoor alternatives, put on a CD and get stuck into the chores.
- 14. Anyone for tennis?** Or maybe squash, golf, bocce or rowing? Group or team activities can make things more entertaining.
- 15. Get back in the saddle.** Go bike riding or maybe you’d like to really take the reins and go horseriding. (Either way, make sure you wear a helmet.)
- 16. Set yourself a goal.** Set realistic goals and write them down. Keep track of your progress. Doing this with a friend or family member helps you keep on track.
- 17. Slip, slop, slap.** Don’t forget the sunscreen and wear a hat, especially in summer and even if it’s cloudy.
- 18. Warm up as a first step.** To avoid injuries, include warm-up time at the beginning of your activity program. Start slowly and gradually pick up the pace.
- 19. Be prepared.** Wear comfortable clothing that is loose fitting and light in weight. Shoes also should be comfortable with good cushioning. Make sure you drink water throughout your activity.
- 20. Cool down as a final step.** As you complete your program, cool down your muscles by slowing the pace before stopping. Don’t forget to re-hydrate yourself after the session is complete.
- 21. Consult an expert.** If you are just starting your activity program, it’s a good idea to first check with your doctor or health practitioner. Moderate activities such as walking usually pose little health risk.

**If you’d like any more information, tips or advice on increasing physical activity throughout your day visit [goforyourlife.vic.gov.au](http://goforyourlife.vic.gov.au)**

## 24 ways to turn over a new leaf.

As an adult, aim to eat a good variety of healthy foods every day. Only then can you expect to improve your wellbeing and lift your energy levels. Your sleep patterns will also improve and you will find it easier to concentrate over longer periods. It all adds up to feeling great!

Here are a few simple ways you can turn over a new leaf without radically changing your lifestyle.

Go for a variety of healthy food every day

1. **Go for variety.** To function properly, you need at least 40 different nutrients for good health. Eating a wide variety of healthier foods can help ensure your body gets the nutrients it needs. Include fruit, vegetables, nuts, legumes (such as dried peas, beans and lentils), wholegrain cereals, low fat dairy products, lean meat, fish and skinless chicken in your diet.
2. **Enjoy food.** Remember to enjoy what you are eating, but at the same time being aware about what goes into each meal. Turn the television off while you are eating and enjoy eating with others when possible.
3. **Start the day well.** At breakfast, sit down to your choice of low sugar cereal, muesli, porridge or rice. For something different, try making a fruit salad, or spreading avocado, tuna or baked beans on toast instead of butter or jams.
4. **Break new bread.** Pick up some English muffins, pita bread, bagels, foccacia, crispbread, rice cakes, corn cakes, chapattis or pocket bread tortillas. Try mountain bread, pocket bread, sourdough, multigrain, wholegrain, soy, rye and linseed and fruit bread as alternatives to white bread.
5. **Be strong with dairy.** Choose low fat milks, yoghurts and cheeses.
6. **Be lean with meat.** Supplement your diet with fish and skinless chicken a number of times a week so that you're not a red meat-only eater. Reduce fatty or processed meats like bacon, sausages and salami.
7. **Eat your juice.** Eat a piece of fruit instead of fruit juice or fruit drinks, which contain energy, but little fibre.
8. **Be fussy with take-away.** Select sushi, wraps, steamed rice, tabouli, baked potatoes, souvlaki, kebabs, vegetable or seafood pizza, baked skinless chicken, grilled fish, steamed dim sims, filled pita breads, fruit salad or fruit smoothies.
9. **Snack healthy.** Replace biscuits, cakes, chocolate, energy bars, chips and pastries with vegetable dips, rice crackers, fruit, low fat dairy products, cherry tomatoes, dried fruit and nuts.

**10. Downsize your order.** Some food outlets offer 'upgrades' to larger serves, which we accept without really needing a larger meal and the extra kilojoules, fat and sugar that come along with it.

**11. Go 'slow.'** Sit and eat slowly. You'll not only enjoy your meals more, but your digestive system will be much happier. Avoid eating 'on the run', at your desk, or in a stressful environment.

2 fruit and  
5 veg  
every day

**12. Shop healthy.** Fill your shopping trolley with mostly fruit, vegetables, legumes (such as dried peas, beans and lentils) and wholegrain cereals.

**13. Go for colour with fruit and vegetables.** Put together a mixed palette of yellow, green, orange, purple and red fruit and vegetables such as pumpkin, capsicum, eggplant, carrots, melons, plums, berries and apricots.

**14. Add some zest to meals.** Chopped vegies are great in omelettes, stir fries, soups, salads, stews and casseroles. Grated zucchini, carrot, pumpkin, sweet potato and fresh beetroot can be added to patties, rissoles, muffins and pikelets. Vegetable soups can make a main meal with the addition of haricot, lima, kidney and soy beans, chick peas, split peas and lentils.

**15. Be creative with fruit.** Fruit can be used in a number of ways - either fresh, frozen, dried or canned. For example, as the base for desserts such as stewed or baked plums, apples, pears, rhubarb and berries. Or added to jelly, custard, yoghurt, rice puddings and pancakes.

**16. Build a meal around vegetables.** With every main meal, you should include dark/medium-green and orange/yellow vegetables. Some examples are carrot, pumpkin, bok choy, broccoli, spinach, greens beans, cauliflower and capsicum.

**17. Make a super vegie sandwich.** Order a double serve of salad on your lunch sandwich and include beetroot, grated carrot, sprouts, celery, dark green lettuce and cucumber.

**18. Take short-cuts.** Frozen, dried or canned fruit and vegetables are great for convenience. Pre-cut vegetables are perfect for stir-fry, steaming or baking.

**19. Change your focus.** Make vegetables the dominant force on your plate rather than meat.

Drink water  
every day

**20. Change to water.** Whenever possible, drink water instead of soft drinks, alcohol, sports drinks, caffeine drinks and cordials and always carry a bottle of water when exercising.

**21. Drink to your health.** If you drink alcohol, alternate with glasses of water.

**22. Have a plan.** Decide the level of your 'healthy' commitment. Work out realistic goals and write them down. Check your progress regularly and make changes where you think you need them.

Go for  
achievable  
goals

**23. Stay on course.** Be prepared for set backs in your campaign and address barriers to your healthy eating plans as they occur. Notice why and when you're slipping and try to get back on track as soon as possible.

**24. Get help if you need it.** Talk to your doctor or health practitioner if you need help devising a specific program.

**If you'd like any more information, tips or advice on healthy eating visit**  
**[goforyourlife.vic.gov.au](http://goforyourlife.vic.gov.au)**

## 23 ways to get your family going.

To be healthy and active, mums, dads and kids all need physical activity every day. Your continuing health and wellbeing depends on it. And so does the growth and development of your children.

By becoming more active, families benefit in so many ways. Kids tend to stay within a healthier weight range and build better bones, muscles and joints. Active kids have less chance of developing some of the risk factors for heart problems and diabetes later in life. Kids who are regularly active also tend to have higher self-esteem and kids who are involved in organised activities tend to have well-developed social skills and can relate better to others.

But everyone in the family benefits, not just your kids. An active lifestyle means a healthier, happier family.

Here are some simple ways to become a more active family.

1. **Be active together.** Quality time isn't time in front of the TV, or eating takeaway food in the car. Plan some trips. Picnics are great or a day at the footy or cricket. Being active together will improve personal relationships and get your family communicating better.
2. **Encourage both moderate and vigorous activities every day.** As a family, aim to do a range of different activities that helps everyone develop healthy bones, muscles and joints. Do more moderate exercise like brisk walking and vigorous activities that make everyone 'huff and puff'. A game of footy in the backyard will get the blood flowing!
3. **Get active any way you can.** Kids love it when mum and dad join in their games. Throw a frisbee or ball together, fly a kite or play hop-sotch. Stay active by walking the children to school or riding your bike to work or the shops.
4. **Become a team player.** Team games are great fun. Play football, basketball, netball, tennis or soccer by joining a club, or just play team games with friends in the neighbourhood.
5. **Be more active around the house.** Take the stairs, walk the dog, lift, carry, push and pull with enthusiasm. Turn work into fun.
6. **Take up active recreation at every opportunity.** Enrol kids in dance classes. Or, for that matter, enrol yourself! The tango can give you quite a workout. Enjoy rollerskating, take up swimming, go for a gentle run or a good walk.
7. **Get into physical education.** The importance of physical education for children shouldn't be underestimated. All children deserve the opportunity to learn new skills to be active for life. Try a range of activities that call for different skills, like catching, throwing, balance and coordination.



- 8. Reduce inactive leisure time.** Limit television viewing, cut down on video games and reduce time surfing the net.
- 9. Go for free family fun.** Not all family activities cost you money. There are many free activities like a family walk or a game in the backyard or local park.
- 10. Get the family involved in local activities.** Encourage more social involvement by joining after school clubs and taking part in community events.
- 11. Be a good role model for your kids.** If an active lifestyle is part of your life, you're much more likely to pass similar good habits to your children.
- 12. Explore ways to be an active family.** Explore a national park, go bushwalking, hike and camp in the hills, take a walking tour of the city, bike ride together and play with your kids.
- 13. Take part in community events.** Help organise fun events in your community, volunteer for a litter clean-up or a working bee. It's great to create opportunities to be involved in the community.
- 14. Lock up your car.** Leave the car at home for short journeys like the school run and trips to the shops – take a bike ride, go rollerblading or walk there instead.
- 15. Support your children's choice of activities.** Some kids go for organised sports such as netball and basketball. Other children prefer less structured activities like bike riding. Whatever their choice, praise them for their efforts.
- 16. Give gifts and presents that encourage activities.** For birthdays and Christmas, give bats and balls, frisbees, bikes, skate boards or skipping ropes. Make it easy for your children to stay active.
- 17. Develop a family action plan.** As a family, decide what activities you'd like to cover. Choose activities you enjoy doing together. Write down your plan for all the family to see.
- 18. Chart your family's progress.** It's a good idea to keep a physical activity diary. You'll be amazed how fitness levels increase.
- 19. Schedule an activity routine every weekend.** For example, plan a series of walks every Saturday or Sunday.
- 20. Invite others to take part.** Ask neighbours, friends and grandparents to be part of your family activity routine. It will help you all to stay motivated.
- 21. Take it nice and easy.** Start physical activity slowly and gradually pick up the pace. Drink water before, during and after all activities.
- 22. Wear the right clothing.** Dress in loose fitting, light-weight clothing. Shoes should be a comfortable fit with good cushioning. Sunscreen and a hat for outside sports are vital in season.
- 23. Cool it down.** At the end of family activity sessions, cool down your muscles by slowing the pace of the activity before stopping.

**If you'd like any more information, tips or advice on increasing physical activity throughout your or your family's day visit [goforyourlife.vic.gov.au](http://goforyourlife.vic.gov.au)**

## 24 ways to get kids to eat their greens.

To be healthy, children should aim to eat a variety of healthy foods every day.

The growth and development of your children depends on it. By eating healthy, your children will have the energy they need to play, learn, concentrate better, sleep better and build stronger teeth and bones.

Go for a variety of healthy food every day

**1. Enjoy a variety of foods.** Serve up a healthy variety of foods each day. These include fruit and vegetables, legumes (such as dried peas, beans and lentils), wholegrain cereals, low fat dairy, lean meat, fish and skinless chicken. Reduced fat milks are not suitable for young children under two years.

**2. Shop healthy.** If you haven't got a healthy variety in your kitchen pantry or cupboard, you can't put it on the table.

**3. Go for quality, not quantity.** Children's serves may be small. It all depends on their age and appetite. Variety is the important ingredient.

**4. Stick to three meals and two snacks every day.** Growing children need to be fed regularly and often.

**5. Begin their day with a healthy breakfast.** It improves concentration and builds stamina.

**6. Give your children choices.** Offer kids a few healthy choices. For instance, ask if they want an apricot or a plum, beans or broccoli, an egg or a tuna sandwich.

2 fruit and 5 veg every day

**7. Lunch boxes that go crunch.** Skip the chips. Fruit and vegetables in season make a great snack or lunch box addition. Try corn on the cob, carrots, small Lebanese cucumbers, green beans, cherry tomatoes, celery, stone fruit, grapes or berries.

**8. Freeze in summer.** Frozen fruits make great summer snacks. Try frozen grapes, bananas and mango wedges.

**9. Keep warm in winter.** Corn on the cob, baked potatoes, hot home-made popcorn, baked beans and stewed fruits can really hit the spot on cold winter days.

**10. Go for a dip.** Set up a colourful veggie platter with a variety of dips or salsa.

Drink water every day

**11. Give them water instead of juices, cordials and soft drinks.** These drinks are full of energy and can often take away their appetite for other foods.

- 12. Set a sweet limit.** If you do include sweet drinks in your child's diet, set a limit. That could be one small glass of fruit juice a day – around 125ml.
  - 13. Make family mealtimes part of your routine.** Whenever possible, sit and eat together as a family and have the TV turned off.
  - 14. Lead by example.** If the kids see you eating well and enjoying a wide variety of healthy foods they are likely to join in too.
  - 15. Family food - include everyone.** Encourage children to enjoy the family foods and meals from an early age (about 12 months). Children will learn to eat what the family eats if they are given the same food and encouraged to try it.
- Plan to  
succeed
- 16. Be persistent – you can't afford to give up.** It's common for all kids to love a certain food one day and hate it the next. Just keep offering them healthy choices and they'll soon be eating a wider variety.
  - 17. If at first you don't succeed – try, try again.** Kids can be stubborn. But be patient. You may need to offer a new food ten times or more before your child will accept it.
  - 18. Get the kids in the kitchen.** Encourage kitchen skills by having children make a sandwich or salad. Let them wash fruit and vegetables and make a simple green salad, tabouli or a fruit salad. Being involved will increase a child's willingness to try new foods.
  - 19. Be consistent.** If your child isn't hungry for healthy food, refrain from offering unhealthy substitutes. This will only encourage eating for reasons other than hunger.
  - 20. Give them an encouraging word.** Try not to force your child to eat. A much better technique is to praise them when they make a healthy food choice.
  - 21. Try not to use food to punish or reward a child.** A hug or a book is a much better alternative to food.
  - 22. Hungry or not?** Children sometimes eat when they're bored, sad or lonely. Help your child to understand when they are eating for reasons other than hunger.
  - 23. Let them make their own decisions.** At the end of the day, it's up to the child to decide whether or not to eat and how much. Your job is to offer healthy foods at regular intervals.
  - 24. Call in an expert.** If needed, get professional help to solve problems or keep the family motivated. Simply talk with your doctor, health practitioner or dietitian.

**If you'd like any more information, tips or advice on healthy eating visit [goforyourlife.com.au](http://goforyourlife.com.au)**

## 23 ways to keep things running well.

Good food can mean improved levels of energy and vitality and can help you maintain a healthy weight. You'll look and feel better, sleep better, have increased concentration levels and greater independence. Good food and regular meals can also mean increased strength and greater resistance to infection – which is even more important as we get older.

Here are some simple ways you can keep your body on track.

Go for a variety of healthy food every day

1. **Keep your balance.** To stay healthy, we need many different nutrients each day. Balance your diet by eating a variety of foods. These include fruit, vegetables, nuts, legumes (such as dried peas, beans and lentils), wholegrain cereals and breads, low fat dairy products, lean meat, fish and skinless chicken.
2. **Eat regularly.** Because staying active is good for health and requires energy, it's even more important than ever to eat good meals regularly.
3. **Start the day well.** At breakfast, sit down to your choice of cereal or porridge. For something different try spreading avocado, ricotta cheese, hummus and sesame or nut paste on a variety of breads, rolls or bagels.
4. **Eat three meals a day.** Make sure you eat breakfast, lunch and dinner each day.
5. **Become a grazer.** If your appetite is down, try eating smaller portions of healthy foods at regular intervals.
6. **Be strong with dairy products.** Choose low fat milks, yoghurts and cheeses daily.
7. **Be lean with meats.** Concentrate on lean meats, fish and skinless chicken. Give sausages, bacon and processed meats a rest.
8. **Make the switch from plain white bread.** Move to sourdough, wholemeal, multigrain, rye, soy, linseed, herb and corn or fruit bread. Pick up an English muffin, pita bread, bagel, foccacia, crispbread, rice cakes, corn thins, Turkish bread or unleavened flat bread as an alternative to white bread.
9. **Be adventurous with grains.** Try barley in soups and casseroles. Use rolled oats to bind rissoles. Try rice or other grains in main meals or incorporated into patties, loafs, casseroles, soups and stews. Alternatively, try couscous, buckwheat or polenta.
10. **Stock up.** Have a good supply of food for when the weather turns nasty or you don't feel like shopping. Tinned fish, baked beans, canned and frozen fruits and vegetables store well. An extra packet of breakfast cereal, long life milk and a frozen meal are always handy.

- 11. Get out of food ruts.** It's easy to fall into a routine with your meals but, by changing your diet around, you're more likely to pick up vitamins and minerals you may have been lacking.
- 12. Freshen up morning and afternoon tea.** Instead of biscuits, cakes and pastries, choose fruit, yoghurt, cheese and crackers, fruit bread, vegetables and sandwiches.
- 13. Consider having your main meal at midday.** You may find it easier to prepare your main meal for the middle of the day and have a lighter meal in the evening.
- 14. Be fussy with takeaway.** Go for barbecue chicken and remove the skin or grilled fish, toasted sandwiches, dips and breads, falafel, curry with steamed rice or noodles and lots of vegetables.
- 15. Go 'low' as often as you can.** Look for 'reduced salt' or 'low salt' foods when shopping. Fresh or dried herbs and spices are a great substitute and add extra flavour to your favourite dishes.

2 fruit and  
5 veg  
every day

- 16. Eat plenty of fruit and veg.** Make that your goal by including some fruits and vegetables in as many meals as possible. They can be fresh, frozen, dried or canned.
- 17. Add some zest to meals.** Chopped vegies are great in omelettes, stir fries, soups, salads, stews and casseroles. Grated zucchini, carrot, pumpkin, sweet potato and beetroot can be added to patties, rissoles, muffins and pikelets. Vegetable soups can make a main meal with the addition of pulses such as haricot, lima, kidney and soy beans, chick peas, split peas and lentils.
- 18. Be creative with fruit.** Fruit can be used in a number of ways. Try adding fruit as the base for desserts such as stewed, poached or baked plums, apples, pears, rhubarb, apricots and berries or add to jelly, custard, yoghurt, rice puddings and pancakes.
- 19. Think ahead.** Prepare a large meal and freeze a portion or two for lazy days ahead, being sure to label and date the food.

Drink water  
every day

- 20. Drink plenty of water.** Water is vital for good health. Keep a sealed jug in the fridge during the hotter months and have water available at all times. In cooler months, drink water at room temperature or warmed slightly.

Aim to  
succeed

- 21. Stay focused.** It's great to decide to make some healthy changes in your life. The trick is keeping motivated. It helps to involve family, friends and neighbours in your plans. The more you talk about it, the easier it will be.
- 22. Eat in good company.** Whenever possible, enjoy food with friends and relatives. Good food is best enjoyed with people you care about and it provides extra incentive to prepare interesting meals.
- 23. Get help if you need it.** If you need help or have any questions about making changes to your diet, talk to your doctor or health practitioner.

**If you'd like any more information, tips or advice on healthy eating visit [goforyourlife.vic.gov.au](http://goforyourlife.vic.gov.au)**



## 22 ways to put more spring in your step.

Age is no barrier to staying active. People once thought it was natural to slow down and do less as we get older. But now we know the more we do, the better we feel. To maintain physical and mental health, we need to stay active. And the good news is, it's never too late to start.

**A happier you.** By keeping active you'll suffer less stress, have more energy, get a better night's sleep, feel better in yourself, enjoy life more and make the most of social opportunities.

**A healthier you.** By keeping active you'll have healthier bones and muscles, run less risk of falling and fracturing bones, have a healthier heart and blood pressure, reduce your risk of developing diseases like diabetes, colon cancer and stroke and maintain your ability to live independently.

Here are a few ways you can keep fit without radically changing your lifestyle.

1. **See physical activity as an opportunity, not an inconvenience.** The human body was designed to move, so the message is, stay active for a healthy mind and body.
2. **Give yourself an incentive.** We all like some recognition for our achievements. So when you reach your goals, give yourself a reward by doing something special.
3. **Be realistic.** Set realistic goals and write them down. Doing this with a friend or family member can help you keep on track.
4. **Be prepared.** Wear comfortable clothing that is loose fitting and light in weight. Shoes also should be comfortable and well cushioned.
5. **Warm up before physical activity.** To avoid injuries, include warm up time at the beginning of your activity program. Start slowly and gradually pick up the pace.
6. **Find 30 minutes every day.** All it takes is 30 minutes a day, preferably every day. Work out your own 30 minute moderate physical activity routine. Brisk walking in 10 minute bursts will do for a start.
7. **Build up slowly.** 30 minutes every day is the goal for good health, but if you haven't been active for a while aim towards achieving this goal over time.
8. **Keep it interesting.** Bush walking, visiting parks with friends or family, a picnic, visiting old friends, helping with community events, a trip to a market or a stroll to the next door neighbour's for a hand of cards. It's great if you can combine a social occasion with some fresh air and physical activity.

- 9. Bend and stretch.** Add some stretching exercises to your morning routine. This will help keep your joints flexible and help you move with more freedom and comfort. Think about joining a tai chi or yoga class or taking up swimming, lawn bowls or bocce.
- 10. Keep busy around the house.** Housework is ideal for some easy bending and stretching. There are also plenty of things in the garden such as weeding and mowing lawns to keep you moving.
- 11. Make it fun.** Decide on a program that includes being active every day and includes activities that you like. Invite others to join in.
- 12. Park further away.** If possible, leave your car a little further away from the shops. It's often easier to park and you will get a gentle workout.
- 13. Walk the dog.** Rather than just letting your dog out in the backyard, walk it to a park or around the block a few times. Better still, ask a family member or neighbour to join you.
- 14. Build up your strength.** Consider including two or three strength building activities and balance exercises into your routine every week. Carry a bag of groceries. Do chair exercises, wall push-ups and arm curls using weights or food cans.
- 15. Find strength in numbers.** Physical activity is something you can enjoy on your own. But it's also a great family or social opportunity. Many people find it easier to be active in a group at a set time and place and it's a good way to maintain your enthusiasm.
- 16. Take up Tango.** Dancing is a great way to keep active with friends and family. Try some new dance steps like salsa, ballroom or jive.
- 17. Get off the tram a stop early.** Two or three stops early if you're feeling energetic.
- 18. Fetch the paper.** The walk to and from the newsagent each morning will get you off to a great start.
- 19. Record your progress.** Keep a diary of your program and record your progress and any changes you notice. If you miss an activity, don't give up, just pick up from where you left off.
- 20. Keep hydrated.** Make sure you drink water before, during and after your activity.
- 21. Warm down after physical activity.** As you complete your program, cool down your muscles by slowing the pace before stopping.
- 22. Consult an expert.** If you are just starting your physical activity program, it's a good idea to check with your doctor or health practitioner first. Moderate activities such as walking usually pose little health risk, but it's always a good idea to check first.

**If you'd like any more information, tips or advice on increasing physical activity throughout your day visit [goforyourlife.vic.gov.au](http://goforyourlife.vic.gov.au)**





[goforyourlife.vic.gov.au](http://goforyourlife.vic.gov.au)

## Volunteering is for everyone.

Volunteering is about getting involved and being connected to your community. It's about using your skills and interests to benefit others and getting something back in return.

Victoria is a great place to live. And part of what makes it great are the many opportunities to get out and get involved. Research shows that people are healthier and happier when they live in strong active communities to which they feel connected. It gives you a sense of belonging. Getting involved in the community helps you to feel safer at home and in public. Strong communities are better able to deal with the disadvantaged, unemployment and crime. Involved communities protect people.

Young and old, men and women, girls and boys, whatever your background, there are plenty of ways to get involved. And stay involved.

### Here are 6 simple ways to get involved:

1. **Join in your community.** Join Neighbourhood Watch. Or simply get to know your neighbours. Offer to put their rubbish bins out when you are moving your own. Mow their lawn, walk their dog or invite them in for coffee.
2. **Have a party.** Organise a street party or, if you live in an apartment, a block party, so that you can get to know your neighbours better. Attend fetes and festivals in your local area or offer to help out running one.
3. **Go back to school.** Help out at your kids' school or kindergarten. You can help with fundraising, give reading assistance or co-ordinate a school walking bus.
4. **Make friends with the environment.** Devote some time to your local environment – get involved in tree-planting activities or help clean up your local parks and waterways.
5. **Come to someone's aid.** Do a first aid course with St. John's Ambulance or volunteer at your local CFA or SES.
6. **Go volunteering.** We depend on all types of volunteer organisations, which in turn depend on volunteers. There are literally thousands of organisations in Victoria that are always glad to have a helping hand. And to give one.

Start getting  
involved  
today

For even more ways to be involved in your community, go to [goforyourlife.vic.gov.au](http://goforyourlife.vic.gov.au)

## Volunteering doesn't need to take up a lot of your time.

There are many traditional volunteering options that most of us are familiar with, like charity fundraising, tree planting, foster care and meal deliveries. However there are many other ways you can volunteer which you may have never considered and that would be of enormous benefit to your community.

Even if you have limited time but you would like to volunteer, there are many other less traditional ways you can get involved with your local community, without giving up too much of your family or personal time.

These are just some of the volunteering services you could consider:

**Car and Bus Washing.** Assist in washing cars or mini buses for people with an intellectual disability.

**Become a Bus Buddy.** Help bus drivers accompany frail older people.

**Tutoring.** Teach a young child to play a musical instrument or assist adult migrants to learn English and about life in Australia.

**Gardening or Camping.** If you like the outdoors, perhaps you can help tend to community gardens or organise and run fun activities for campers.

**Sustainable Environment.** If the environment is a very important issue to you, then maybe consider helping on environmental projects such as solar systems and sustainable water.

**Teacher's assistant.** Help teachers with small groups to deliver literacy programs.

**Administration.** Help a charity organisation with simple general office duties like mailing out letters, data entry and answering the phone.

Check out just some of the volunteering opportunities in Victoria that are available to you;

[www.volunteeringaustralia.org](http://www.volunteeringaustralia.org)

[www.govolunteer.com.au](http://www.govolunteer.com.au)

[www.ourcommunity.com.au](http://www.ourcommunity.com.au)

[www.goodcompany.com.au](http://www.goodcompany.com.au)

[www.probonoaustralia.com.au](http://www.probonoaustralia.com.au)

[www.australianvolunteers.com](http://www.australianvolunteers.com)

### Victorian Volunteer Resource Centres

Albury Wodonga Volunteer Resource Centre  
[www.vrb.org.au](http://www.vrb.org.au)

Boroondara Volunteer Resource Centre  
<http://www.boroondara.vic.gov.au/thingstodo/thingstodo.asp?PageId=465>

Eastern Volunteer Resource Centre  
<http://www.eastervolunteers.asn.au>

Geelong Volunteer Resource Centre  
<http://www.geelongvolunteer.org.au/>

Knox Volunteers  
<http://home.vicnet.net.au/%7Eknoxvols/>

Monash Volunteer Resource Centre  
<http://mvrsvolunteer.org.au/>

South Eastern Volunteer Resource Centre  
<http://home.vicnet.net.au/~sevrsv/>

Volunteers of Banyule  
<http://www.govolunteering.org.au>

**So for more information on these volunteer services, or for thousands of more ideas how you can get involved in your local community, visit the web sites listed above or visit [goforyourlife.vic.gov.au](http://goforyourlife.vic.gov.au) and "Go for your life"!**